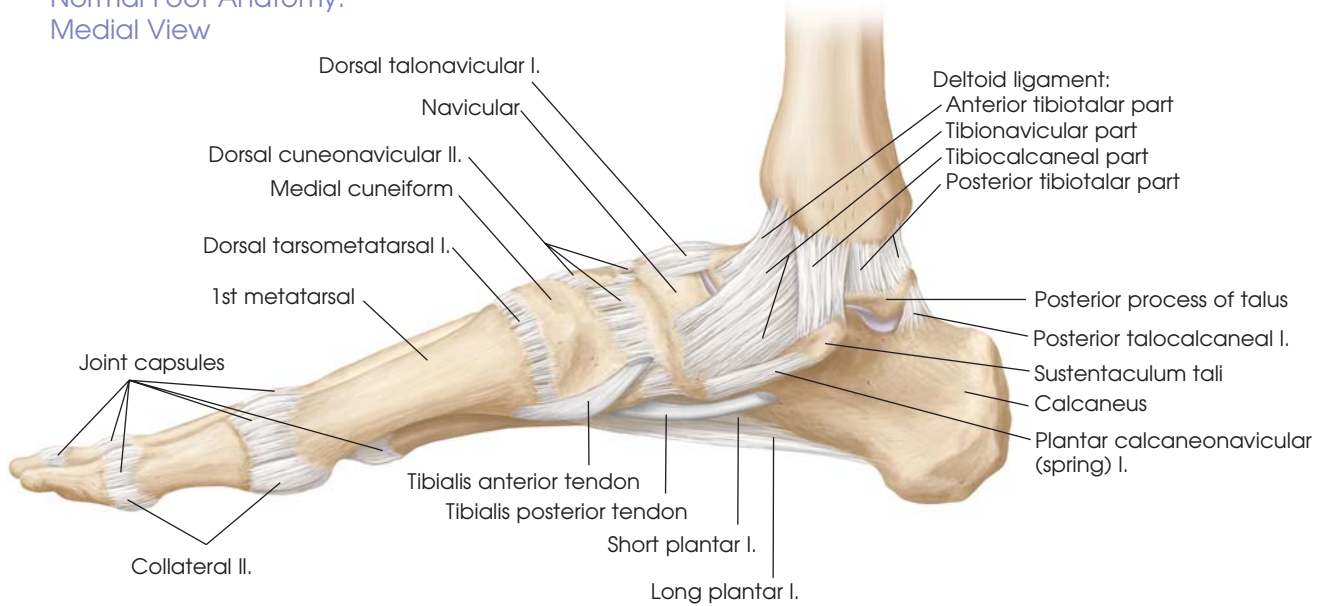
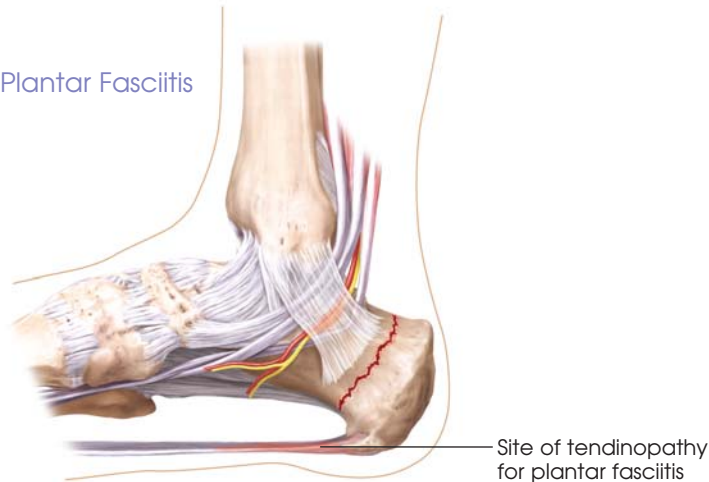


# Plantar Fasciitis

## Normal Foot Anatomy: Medial View



## Plantar Fasciitis



Key:  
I. – ligament  
II. – ligaments

**Plantar Fasciitis** is a painful irritation and swelling of the tissue on the bottom of the foot. The main symptom is heel pain, which can be worse in the morning when the plantar fascia is tight and then improve over the day as the tissue stretches out. Some common causes of the condition include running on hard surfaces, physical activity that puts pressure on the heel, obesity, and wearing high heels.

### Common Treatment Options

- Rest the painful heel on an ice pack.
- Your doctor may prescribe or recommended pain medication such as acetaminophen or an anti-inflammatory such as ibuprofen or naproxen.
- Gently stretch the plantar fascia and Achilles tendon.
- Wear orthotic sole supports (shoe inserts).
- Deeply massage the heel area, focusing on the plantar fascia.
- Wear a night splint that gently stretches the heel by keeping the foot in an upward (dorsiflexed) position.

Notes:

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Contact information

